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TITLE: METHOD FOR DECREASING BODY WEIGHT AND TREATING OBESITY

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ABSTRACT:

PROBLEM TO BE SOLVED: To decrease the body weight of a human in a safe effective manner by orally-administering a conjugated linoleic acid in a nutritionally effective amount.

SOLUTION: The conjugated linoleic acid in a nutritionally effective amount is orally administered to decrease the body weight of a human. The above-mentioned nutritionally effective amount is preferably about 0.1-15 g per day. The above-mentioned conjugate linoleic acid is preferably cis-9, trans-11-octadecadienoic acid or the like. This compound is prescribed into tablets, capsules or the like, or offered as a supplement in variously prepared foods. According to the method, the body weight can be decreased without losing healthy nutritional elements and without requiring a person to refrain from taking a preference, differing from a restricted diet.

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